TEENAGE PREGNANCY

How can community nurses best support pregnant and teen mums?

FACTS:
- New Zealand has the third highest rate of teen births within the OECD countries
- There were 3786 births to teen’s under the age of 18 in 2012
- Maori and Pacific Island teens have the highest rates of teen pregnancies in New Zealand.
- Not all teen pregnancies are unplanned

IMPLICATIONS:
- Teen Mum’s are less likely to complete secondary school leading to socio-economic disadvantage
- There is a risk of subsequent rapid pregnancy
- A lack of support can lead to serious consequences—depression, despair, and inability to cope

NURSING CONSIDERATIONS:
- Nurses must provide culturally safe nursing care and be aware of their own attitudes
- Nurses need to have a sound knowledge of teenage developmental levels and use appropriate communication strategies
- Community services need to be accessible and teen friendly
- Thorough assessment is imperative for providing person-centred care
- Education is essential to help prevent subsequent rapid pregnancy

References:


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